

C L A I M S

1. Use of a mixture of peptides, the peptides comprising at least 6.5 %wt cysteine, for the manufacture of a medicament, supplement, beverage or food product for restoring thiol homeostasis.
2. Use according to claim 1 for preventing and/or reducing effects of alcohol consumption.
3. Use according to claim 2 for preventing and/or reducing of a hangover.
4. Use according to claim 1 or 2 for preventing and/or reducing of face flushing.
5. Use according to claim 1 for boosting vitality.
6. Use according to claim 6 for preventing and/or reducing fatigue.
7. Use according to claim 1 for improving sleeping.
8. Use according to claim 1 for preventing and/or reducing development of symptoms of Metabolic Syndrome, in particular of non-insulin dependent diabetes.
9. Use according to claim 8, for preventing and/or reducing the development of cardiovascular diseases, in particular of atheroscleropathy.
10. Use according to any of claims 1 or 8 for lowering of blood pressure.
11. Use according to claim 1 for preventing and/or treating drug-induced toxicity.
12. Use according to claim 1 for lightening of skin.

13. Use according to claim 1 for reducing inflammation.
14. Use according to any of the preceding claims, wherein said  
5 mixture of peptides, the peptides comprising at least 6.5 %wt  
cysteine, is obtained by a method comprising the steps of:
- a) cleaving the proteins of a protein source into  
peptides;
  - b) digesting the peptides obtained in step a) by an  
10 exopeptidase, the action of which is at least  
attenuated at the position of a cysteine in the  
peptide, therewith forming digested peptides having a  
terminal cysteine;
  - c) purifying the digested peptides.
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15. Method for restoring thiol homeostasis in a subject in need  
thereof, said method comprising administering to said subject an  
effective amount of a mixture of peptides, the peptides comprising at  
least 6.5 %wt cysteine.
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16. Method according to claim 15 for preventing and/or reducing  
effects of alcohol consumption in a subject in need thereof.
17. Method according to claim 16 for preventing and/or reducing of  
25 a hangover.
18. Method according to claim 16 for preventing and/or reducing of  
face flushing.
- 30 19. Method according to claim 15 for boosting vitality.
20. Method according to claim 19 for preventing and/or reducing  
fatigue.
- 35 21. Method according to claim 15 for improving sleeping.

22. Method according to claim 15 for preventing development of symptoms of Metabolic Syndrome, in particular of non-insulin dependent diabetes.

5 23. Method according to claim 22, for preventing and/or reducing the development of cardiovascular diseases, in particular of atheroscleropathy.

24. Method according to claim 15 for lowering of blood pressure.

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25. Method according to claim 15 for preventing and/or treating drug-induced toxicity.

26. Method according to claim 15 for lightening of skin.

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27. Method according to claim 15 for reducing inflammation.

28. Method according to any of claims 14-25, wherein said mixture of peptides, the peptides comprising at least 6.5 %wt cysteine, is  
20 obtained by a method comprising the steps of:

a) cleaving the proteins of a protein source into peptides;

b) digesting the peptides obtained in step a) by an exopeptidase, the action of which is at least  
25 attenuated at the position of a cysteine in the peptide, therewith forming digested peptides having a terminal cysteine;

c) purifying the digested peptides.

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